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## "My Covid Experience Diary"

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## My Covid Diary

### September:

#### Week 1:

So, for my experience has been extremely stressful. Last month I decided to begin to work out to try and better my health and to get myself distracted on something and come back from quarantine more fit and happier and more confident with myself. Hopefully I can keep this going and I do not give up because this pandemic I have be the most anxious I have ever been.

#### Week 2:

I spent this week in my boyfriend's hometown where I the beginning of quarantine. I stayed in this town because it was a small town and not many people were infected. But there is a state prison really nearby and a lot of inmates have been infected and this town is beginning to grow its numbers. I am starting to get a lot more scared of this disease and this weekend my cousin is hosting a birthday gathering in Santa Barbera and I am very irritated. It is crazy how people are so carless and selfish. I am. Just starting to get a lot more scared and nervous. The good news is the work out journey is still continuing.

#### Week 3:

I have been trying not focus my time all the time worrying about the pandemic so I just decide to try and stay home as much as I can. When I go to the grocery store, I try and

buy food for two weeks to not go get groceries every week. I have noticed that when I think too much about it, I do get way more anxious and nervous and I don't have motivation when I am worried all the time.

Week 4:

This week was my mother's birthday and I wanted to put all my attention to my mom. My work out journey is continuing and I am starting to see some results which is really making me happy and motivating me to work harder.

October:

Week 1:

This week I have been working extra hard to try and get ahead in my schoolwork because I have been procrastinating. This week has been average. I think these diary entries are making me remember the pandemic when I don't need to, but I think it will be helpful to write as the weeks go on. Working out has gone well, I think it has really helped throughout this experience because it gave me a personal project and more goals for myself.

Week 2:

This week I am doing all my homework and finish it as soon as possible because I will visit my sister in San Francisco to help her move. I have not seen her in a year, and I am so excited to see her. I am nervous to see her with the pandemic going on but it is only two days and it will only be me and her so we will try to be careful.

Week 3:

This has been the hardest week so far. I have felt very depressed and I just want things to be as they used to be. I miss my life and I miss going out with my friends. I am so frustrated with life it just feels unreal to be living right now. I know. a lot of people are feeling like this, but I just feel like I can't take it anymore. I am still working out and, in that sense, I do feel great, but I am starting to lose motivation. Hopefully things get better.

Week 4:

There was not any difference this week than the last. This week I mostly focused on my homework and not having to do as much work at the end of the week so I can just relax and just watch scary movies since it is Halloween on Saturday.

November:

Week 1:

This week was very stressful because my sister is in town and she was staying with me. It is hard to do my homework and go to work when I have to worry about my sister and with covid still going on, I was scared that if she got sick it would be my fault. We will continue to be careful but at this point we never know. My boyfriend's sister has a friend who's mom had died of covid, and it just scared me. Wish me luck. For the rest of this week to be able to finish all my work.

Week 2:

I am really upset that last week I stopped my workout journey. I feel like my motivation just went away but I want to get back into it. I am planning on starting up again next week. But I am not sure because I will be at my parents' house and I will be staying there until Thanksgiving is over and I am not sure I will have motivation being at my parents, but I hope I can go back into it again. I am happy though because it is my birthday this week and I will be spending it with my boyfriend.

Week 3:

This week covid has been on my mind a lot more than usual because my sister's boyfriend is making her feel bad over coming to visit my family and I in time for Thanksgiving and he is making her take a covid test before leaving. I just felt pressure for her, I can only imagine how she feels. But we have been very safe, we are probably safer than safe. I feel like he is insulting us that we are not taking this pandemic serious when we are.

Week 4:

I have zero motivation this week. I am tired of everything, school, life, covid everything. It is all way too much for me. This week I just do not want to worry about anything because it is Thanksgiving this week and I think I deserve a break. It is also stressful to go Christmas shopping and people not wearing their mask or not covering their nose. People are just very carless. I am over here trying to put on hand sanitizer very second of very day and not going out unless I have to. The only reason I am going Christmas shopping in the first place is because I promised I would drive my sister to get things for

my parents since she is not seeing them for Christmas. It is so scary constantly worrying about not getting sick to not get my family sick.

### December:

#### Week 1:

Last diary entry, wow, crazy. Now this week I am in my boyfriend's hometown again and the scariest thing happen. His sister was here at his house a little bit and she just called me and told me that her fiancée's aunt turned out to be positive of covid, and that she had been around her. And now I'm scared that we are all sick now. I am going to get teste once I get back and hopefully, I am fine. Other than that, I am very stressed with all the homework I have to go and all the studying. I have to do for next week.